

## GCSE P.E. questions and mark schemes

### 1 a Applied Anatomy and Physiology

1. Which of one of the following is NOT a function of the skeleton?  
C
2. Which one of the following is NOT a function of the skeleton?  
D
3. Which one of the following is NOT a function of the skeleton?  
A
4. Which one of the following correctly identifies the part of the skeleton that produces red blood cells?  
C
5. Which one of the following parts of a synovial joint produces the synovial fluid?  
C
6. Which one of the following parts of a synovial joint is a fluid-filled bag?  
C
7. Which one of the following correctly identifies the function of the articular cartilage in a synovial joint?  
B
8. Which one of the following is NOT a function of cartilage?  
B
9. Which one of the following facts is NOT true about the elbow joint?  
B
10. Which one of the following is correct about the elbow joint?  
A
11. Which one of the following is NOT correct about the elbow joint?  
C
12. When the biceps contract, which one of the following is correct?  
D
13. Which one of the following facts is NOT true about the shoulder joint?  
A
14. Which one of the following is correct about the shoulder joint?  
B
15. Which one of the following is NOT correct about the shoulder joint?  
A
16. Which one of the following is NOT correct about the shoulder joint?  
A
17. Which one of the following is NOT correct about the shoulder joint?  
C
18. Which one of the following facts is NOT true about the knee joint?  
C
19. Which one of the following is correct about the knee joint?

A

20. Which one of the following is correct about the knee joint?

B

21. Which one of the following is correct about the knee joint?

C

22. When the quadriceps contract, which one of the following is correct?

C

23. Which one of the following facts is correct about the hip joint?

B

24. Which one of the following is correct about the hip joint?

C

25. Which one of the following is correct about the hip joint?

C

26. When the gluteals contract, which one of the following is correct?

C

27. Which one of the following facts is NOT true about the ankle joint?

A

28. Which one of the following is correct about the ankle joint?

B

29. Which one of the following is correct about the ankle joint?

B

30. When the gastrocnemius contracts, which one of the following is correct?

B

### 1 b Structure and Function of the Cardio-Respiratory System

5. Which one of the following describes the correct order of structures that air passes through before it enters the lungs?

C

6. Which one of the following is NOT a characteristic of bronchioles?

A

7. Which one of the following is NOT a characteristic of alveoli?

D

8. Which one of the following statements about gas exchange in alveoli is NOT true?

C

9. Which one of the following factors assist the process of diffusion?

C

10. Which one of the following is NOT a factor that increases the rate of gas exchange in alveoli?

D

11. Which one of the following is the main way that oxygen is carried by haemoglobin in the blood?

A

B 12. Which one of the following is the correct sequence of events during normal breathing?

C 13. Which one of the following is the correct sequence of events during expiration at rest?

B 14. Which one of the following describes the mechanics of breathing during exercise?

C 15. Which one of the following definitions of lung volumes is NOT correct?

D 16. Which one of the following definitions of lung volumes is incorrect?

A 17. Which one of the following is the lung volume that does not change during exercise?

D 18. Which one of the following statements concerning blood vessels is correct?

B 19. Which one of the following statements about blood flow is correct?

D 20. Which one of the following statements concerning arteries is correct?

B 21. Which one of the following statements concerning veins is correct?

D 22. Which one of the following statements about capillaries is correct?

A 18. Which one of the following statements about the heart is correct?

B 19. Which one of the following statements about the cardiac cycle are correct?

D 20. Which one of the following statements about the cardiac cycle are correct?

D 21. Which one of the following statements about the cardiac cycle are correct?

B 22. Which one of the following statements about the heart is correct?

B 23. Which one of the following statements about the heart is correct?

C 24. Which one of the following concerning anticipatory rise is correct?

### 1 c Anaerobic and Aerobic Exercise

A 1. Which one of the following statements is correct about aerobic energy?

2. Which one of the following statements is correct about anaerobic exercise?

C

3. Which one of the following statements is correct about aerobic and anaerobic physical activities?

B

4. Which one of the following statements concerning team games is correct?

C

5. Which one of the following reactions summarising aerobic energy production is correct?

D

6. Which one of the following reactions summarising anaerobic energy production is correct?

D

7. Which one of the following correctly identifies E.P.O.C?

C

8. Which one of the following statements about EPOC is correct?

B

9. Which one of the following statements about the immediate effects of exercise is NOT correct?

C

10. Which one of the following statements about the short-term effects of exercise is NOT correct?

D

11. Which one of the following statements concerning a cool down is NOT correct?

A

12. Which one of the following statements concerning a cool down is NOT correct?

B

13. Which one of the following is NOT a benefit of massage following exercise?

B

14. Which one of the following is NOT a long-term effect of regular exercise?

C

15. Which one of the following is correct about hypertrophy?

C

16. Which one of the following is correct about bradycardia?

A

17. Which one of the following statements about the long-term effects of exercise is NOT correct?

D

18. Which one of the following statements about the long-term effects of training is NOT correct?

C

## 2 Movement Analysis

1. Which one of the following are correct about levers systems?

C

2. Which one of the following are correct about first class lever systems?  
C
3. Which one of the following are correct about second class lever systems?  
A
4. Which one of the following are correct about third class lever systems?  
B
5. Which one of the following describes mechanical advantage?  
C
6. Which one of the following describes mechanical advantage?  
B
7. Which one of the following is correct about levers systems?  
D
8. Which one of the following is correct about actions in the arm?  
C
9. Which one of the following is correct about actions in the arm?  
C
10. Which one of the following is correct about tendons and ligaments?  
A
11. Which one of the following is correct about muscle contractions?  
A
12. Which one of the following is correct about leg action?  
D
13. Which one of the following is correct about planes and axes?  
A
14. Which one of the following is correct about planes and axes?  
B
15. Which one of the following is correct about the elbow joint?  
B
16. Which one of the following is correct about the shoulder joint?  
C
17. Which one of the following is correct about the shoulder joint?  
C
18. Which one of the following is correct about the knee joint?  
A
19. Which one of the following is correct about the hip joint?  
A
20. Which one of the following is correct about the ankle joint?  
C

### 3 Physical Training

1. Which one of the following is the correct definition of health?  
C

2. Which one of the following is the correct definition of fitness?  
B
3. Which one of the following statements concerning the relationship between fitness and health is correct?  
C
4. Which one of the following fitness components is defined as the ability to change direction quickly?  
B
5. Which one of the following is the correct definition of agility?  
D
6. In which one of the following activities is agility an important fitness component?  
B
7. Which one of the following fitness components is defined as the ability to maintain the centre of mass over the base of support?  
C
8. Which one of the following is the correct definition of balance?  
D
9. In which one of the following activities is balance an important fitness component?  
C
10. Which one of the following fitness components is defined as the ability of the heart and lungs to supply oxygen to the working muscles?  
B
11. Which one of the following is the correct definition of cardio-vascular endurance?  
A
12. In which one of the following activities is cardio-vascular endurance an important fitness component?  
D
13. Which one of the following fitness components is defined as the ability to use different (two or more) parts of the body together smoothly and efficiently?  
D
14. Which one of the following is the correct definition of co-ordination?  
C
15. In which one of the following activities is co-ordination an important fitness component?  
C
16. Which one of the following fitness components is defined as the range of movement possible at a joint?  
A
17. In which one of the following activities is flexibility an important fitness component?  
C
18. Which one of the following fitness components is defined as the ability of a muscle to undergo repeated contractions avoiding fatigue?  
B
19. Which one of the following is the correct definition of muscular endurance?

C

20. In which one of the following activities is muscular endurance an important fitness component?

D

21. Which one of the following fitness components is defined as the product of strength and speed?

C

22. Which one of the following is the correct definition of power?

A

23. In which one of the following activities is power NOT an important fitness component?

C

24. Which one of the following fitness components is defined as the time taken to initiate a response to a stimulus?

B

25. Which one of the following is the correct definition of reaction time?

D

26. In which one of the following activities is reaction time an important fitness component?

C

27. Which one of the following fitness components is defined as the maximum rate at which an individual is able to perform a movement?

A

28. Which one of the following is the correct definition of speed?

A

29. In which one of the following activities is speed an important fitness component?

C

30. Which one of the following fitness components is defined as the ability to overcome a resistance?

D

31. Which one of the following is the correct definition of strength?

D

32. In which one of the following activities is strength an important fitness component?

A

33. Which one of the following is another name for explosive strength?

B

34. Which one of the following defines static strength?

D

35. Which one of the following is NOT a reason why people undertake fitness tests?

D

36. Which one of the following is NOT a reason why people undertake fitness tests?

C

37. Which one of the following statements is NOT correct about the Illinois agility test?  
B
38. Which one of the following is NOT correct about the stork balance test?  
D
39. Which one of the following is NOT correct about the multistage fitness test?  
A
40. Which one of the following is NOT correct about the Anderson ball-catch test?  
B
41. Which one of the following is NOT correct about the sit and reach test?  
D
42. Which one of the following is NOT correct about the abdominal curl conditioning test?  
C
43. Which one of the following is NOT correct about the vertical jump test?  
D
44. Which one of the following is NOT correct about the ruler drop test?  
A
45. Which one of the following is correct about the one rep max test?  
A
46. Which one of the following is NOT correct about the 30-metre sprint test?  
C
47. Which one of the following tests would you use to measure reaction time?  
C
48. Which one of the following tests would you use to measure power?  
D
49. Which one of the following best describes the fitness components needed by a goalkeeper?  
D
50. Which one of the following best describes the fitness components needed by a trampolinist?  
D
51. Which one of the following best describes the fitness components needed by a discus thrower?  
B
52. Which one of the following identifies some of the main principles of training?  
B
53. Which one of the following correctly explains the S in the principles of training?  
A
54. Which one of the following correctly explains the principle of overload?  
B
55. Which one of the following correctly explains the principle of reversibility?  
C
56. Which one of the following correctly explains how to overload?  
A



57. Which one of the following types of training would be best for a road cyclist?  
C
58. Which one of the following types of training would be best for a gymnast?  
A
59. Which one of the following types of training would be best for a shot putter?  
B
60. Which one of the following types of training would be best for a 400-metre runner?  
C
61. Which one of the following activities might benefit from a period of altitude training?  
C
62. Which one of the following usually results from training at altitude?  
B
63. Which one of the following is NOT a possible reason why altitude training is not always successful?  
C
64. Which one of the following is NOT a benefit of a warm up?  
C
65. Which one of the following correctly describes the sequence of activities that should be included in a cool down?  
D

